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## **BOPF Open Forum Meeting**

**Thursday 6 Oct 2016, Vassall Centre, Dawn James Rm, 10:30 - 12.30**

Gill Avenue, Bristol, BS16 2QQ

## **MINUTES**

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**Present Trustees:** Chair Judith Brown (JB), David Elson (DE), Pat Foster (PF), Gloria Morris (GM), Jenny Smith (JS), Tony Wilson (TW) Minutes: Yolanda Pot, Finance & Administration Manager (YP).

**No members present: 15; non-members: 10; Total: 25**

**Apolog.** Chris & Allen Pratley, Gillian Seward, Brian Richards, Zia Haque, Val Jenkins, James Lynch.

1. **Chair's Welcome** - housekeeping, apologies and introductions

Judith welcomed everyone

2. **BOPF Manifesto & The Bristol Impact Fund**

Karen Bowers (KB), BOPF Forum Project Manager

Karen delivered her PowerPoint presentation and asked delegates to complete our survey.

12 surveys were completed. The presentation included: **What we do – and who for; BOPF**

**Manifesto – extending our aim(s); Bristol Impact Fund and *What we need from you!*** file:

*BOPF BIF MANIFESTO SLIDES\_v3KB.pptx*

### **WHAT WE DO – AND WHO FOR**

**Our aim** is that every older person in the city is an equal, valued, participating member of the community who can influence the decisions which affect their lives

**Our work** is: 'voice and influence'; Having a voice – enabling older people to have their say AND knowing that BOPF is working to represent them.

**Who for?** Our members, AND all older people in Bristol (our members are NOT representative of all 55+ but we do speak for all older people – *especially those most in need*)

### **MANIFESTO – EXTENDING OUR AIM(S)**

....sets out the priorities in achieving BOPF's aim by influencing (and working with) providers & decision makers in the city. It outlines how Bristol must recognise diversity & address inequality to become a great place to grow old for everyone.

**Themes:** Safety, Transport, Physical Health, Mental health, Communications, Care, Housing and homes, Participation, Leadership and awareness (visibility). For each of these themes we have listed the outcomes needed; and the service providers, bodies and decision makers we must influence & work with to achieve those. We will share the manifesto widely, review regularly and measure our work against it

**What we do – and could we do better?** We facilitate and co-ordinate older people's representation into citywide decision making processes:

- **enable** all older people to address discrimination and **influence** decisions which affect them
- **engage** with service providers to provide fair services which better meet older people's needs
- **promote** the equality and inclusion of all people over 55 in Bristol

- participate in **research**, and promote activities that **support** the health and well-being of older people in Bristol

**Our methods:**

- Open forum meetings (at least 8 a year)
- Member newsletters (3 a year)
- Representation (our volunteers represent older people on more than 40 groups and boards)
- Stalls at key events and locations
- Collaborations (including Celebrating Age Festival)
- Online presence (engage with local politicians, other VCSE, funders, supporters, media etc)

**BRISTOL IMPACT FUND**

**What is the Bristol Impact Fund?**

- New Fund bringing together £3.4m PA for grant funding from the Council (an overall reduction)
- Replaces the way we (and **many** other VCSE organisations) are funded by the Council
- Application due early November, for funding July 2017+ (4yrs)
- Tapering of funding in years 3 & 4
- Applications guided by the Prospectus document.....

**Prospectus for the Bristol Impact Fund**

**3 Impacts:**

1. reduced disadvantage and inequality experienced by Bristol's residents
2. improved health and wellbeing
3. increased resilience (people being more able to manage)

**5 Key Challenges**

1. Reducing financial, food and fuel poverty
2. Tackling unemployment and underemployment
3. Improving access to information, services and opportunities & increasing digital inclusion
4. Enabling influence and participation in the community
5. Reducing social isolation and improving mental health and wellbeing

**Ways of Working**

1. Giving the right help at the right time
2. Helping people to help themselves and each other
3. Building on the strengths of people and communities
4. Connecting people and organisations within and across communities

**WHAT WE NEED FROM YOU!**

*We need 'evidence' for the work we want funded...We have some, from our own and other data/surveys – but what you tell us today, via the office & other meetings is very helpful .....*

**So please complete the survey...we want to know what you think!**

- What are the current key issues for you/those you know
- What are the things that concern you most for the future
- Can we communicate with you more effectively?
- How can we reach/enable/support more older people?
- How could we best source other funding especially for years 3+?
- Who should we work *with*?

Anything else.....!

**Q** Could you organise Open Forum meetings in Knowle West, Stockwood & Fillwood. **A** This is something we will look into.

3. **SPEAKER**

3.1. **Driving and Mobility Centre (DMC), Helen Mann, Occupational Therapist**

***Driving - do we get better with age?***

**Address:** The Vassall Centre, Gill Avenue, Fishponds, Bristol, BS16 2QQ, T: 0117 965 9353

**E:** [mobserv@drivingandmobility.org](mailto:mobserv@drivingandmobility.org), **W:** [www.drivingandmobility.org](http://www.drivingandmobility.org),

The DMC is a **network** of 17 Centres covering: England, Scotland, Wales and N.Ireland.

Currently it is **funded by** DfT, **Customers** include: Public, DVLA, Motability, Solicitors other Professionals.

**Summary:** Does my driving change as I get older? What happens if I have a medical condition? Do I need to decide to stop driving? Where do I go to get help and support? How can I manage without a car?

**Helen Mann** delivered her PowerPoint presentation which include the following areas:

**What driving means to us...; The UK population is ageing... (some statistics); Nature of collisions in older drivers...; Everyone ages differently...; As we get older changes can occur...; Older adults are more likely to experience chronic illness...; What about the DVLA...; DVLA - legal requirements...; How can an assessment centre help? The service offers...; The Assessment (to establish safe and independent driving)...; In car/on road assessment...; What happens if I can't drive?...Some Tips...:** Allow more time for journeys, Plan journeys, Avoid faster roads such as motorways, Avoid driving at night, Avoid driving in rush hour, Leave more room between you and the car in front, Consider changes to your car such as an automatic or car adaptations, Use alternative methods of getting about – buses, taxis community transport schemes, Keep fit, gentle exercise increases flexibility, circulation, alertness and general well being.

**Useful organisations/publications: For more information:** [www.drivingandmobility.org](http://www.drivingandmobility.org) (West of England), [www.drivingmobility.org.uk](http://www.drivingmobility.org.uk), [www.ageuk.org.uk](http://www.ageuk.org.uk), [www.roadsafetyfoundation.org](http://www.roadsafetyfoundation.org), [www.rica.org.uk](http://www.rica.org.uk), [www.rospea.com](http://www.rospea.com)

3.2. **Questions and comments from the floor**

**Q** I have diabetes type 2. Do you need to inform the DVLA. **A** 'It is the duty of the licence holder or applicant to notify the DVLA of any medical condition, which may affect safe driving' 'The DVLA is legally responsible for deciding if a person is medically unfit to drive'

**A** Over 70 years will need to fill in a self-declaration form. Discussion has been should this be set at 75 years as evidence suggest that risk rises more significantly then. You need to declare any medical changes that may affect driving

**Q** Is there an advantage in having an advanced motoring qualification. **A** Anyone can take extra qualifications.

**Q** What if people do not take advise. **A** If a medical practitioner has advised someone not to drive then their insurance will not valid. Our Assessments are followed up with written information. We ask people to attend debriefing. We have no powers neither have the police. If you have an accident you could be prosecuted and be given a jail sentence. We can break confidentiality and inform DVLA.

4. **BREAK**

5. **BOPF Business**

5.1. **Apologies**

5.2. **Minutes of the previous meeting**

The minutes of the meeting held on 1 Sept 2016 were approved as an accurate record.

5.3. **Matters arising from the previous minutes**

There were no matters arising from the previous minutes.

## 6. REPORTS

### 6.1. Chair's Report – Judith Brown

- **Chinese Community** meet for **various activities** 11.00 to 1.00pm, 1 Wed of every month till April 2017 at the BACWG Church Hall, Thomas Street, St Pauls. Tel 0117 9351462.
- **Do you want to practice speaking English?** Come to a **FREE English Conversation Club**. Every Wednesday 10.00-11.00 at St Agnes Hall, Thomas Street, St Pauls, BS2 9LL. Contact Anna on 07788 353 419
- The **Place Based Theatre Club** is launching on Sat 22 Oct, 2.00 - 4.00pm at the **RNIB** Building, Stillhouse Lane, BS3 4EB. Rachel 07888 846456
- **Bristol Black Carers invite you** to our **FREE welcoming events**. Thurs 3 Nov, 11-2 pm & Thurs 1 Dec 11-2 at Barton Hill Settlement, 43 Ducie Road, Bristol BS5 OAX. To book phone Anndeloris, 0117 379 0084, ncbibristol.ncbi.org.uk.

Judith spoke about the **new 3 tiers care scheme** just been brought in. This is the new Bristol Approach.

#### **Tier 1 : Help to Help yourself**

Accessible, friendly, quick information, advice, advocacy, universal services for the whole community, prevention. (We will seek to keep as many people living independently in the city as possible. This includes preventative work, information and advice. It builds on the wealth of local community and social assets we have in Bristol for the whole population.)

#### **Tier 2: Help when you need it**

e.g. leaving hospital, transiting from children's to adult services, changes to carer's arrangements, intensive support to regain independence; crisis support. No presumption about long term support, goal focussed, integrated. (We are looking at helping those who need extra support for a period of time. This means offering swift and appropriate support to them to regain independence they want and value. It means sticking with people to see what works.)

#### **Tier 3: Help to live your life**

For people who need more ongoing support for their care or needs we will work with them to make sure it is what they want; appropriate and tailored to them individually. We will work with them to find out what would make a real positive difference to their lives, using their allocated funding and as well as any other resource.

Organisations can apply for £2000 from the **BAB Kickstart fund**. As an example, **Golden Agers Club** was able to purchase 3 new singer sowing machines, material and cotton, wool, knitting needles, a food processor, 3 big trays for the oven and a steam iron. The East Asian Association has received orthopaedic chairs.

### 6.2. Other reports (NPC, SWFOA, SWSN etc.)

- **Judith Brown/Julie Boston. Re: BOPF CAF Drop in for Cake, Fun and Friendship event.** About 35 people attended. Attendees were asked what should change in Bristol make life better for older people and reasons for keeping the bus pass. Here follow some **quotes**:  
*"A. We need a person in Bristol with a voice for the elderly, B. Instead of pills can we have exercise. C. More time with your GP. D. A reliable register of electricians, plumbers, builders who will not rip off the elderly, esp. is you are single. E. Better bus service. The bus pass helps to cope with isolation. It enables older people to get out and about, visiting different places and matting up with old friends." F. I need the bus pass to do my volunteering work. G. We want to keep our bus pass so that we can be more independent. G The bus pass gets me out of the house, allows me to meet people and avoid depression. H My bus pass is a life line to me and I would be lost without it. I If you took my bus pass*

*away I would not be able to get around in my wheelchair very often as the fares are very high. I use my bus pass to buy food and go to hospital appointments". We should celebrate the **10 year anniversary of the bus pass** by inviting people to College Green on Thurs 27 October 2-3pm to hear BOPF Chair, Judith Brown sing the bus pass song.*

- **Angela Auset** The next NPC Regional Council Meeting will be on 8 Nov 2016 at Tony Benn House, Victoria St, Bristol, 1-3pm. Title: "Social Care in Crisis". Speakers: Tanya Palmer (UNISON), NPC Social Care Working Party (tbc). Tel: 07813 562869.

**6.3. Open Forum - anyone can raise issues of concern**

7. The meeting finished at 12:30 hrs

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**Date of next meeting:** Thurs 10 Nov 2016, 10:30 to 12:30 hrs. Broadmead Baptist Church, Union Street, BS1 3HY. **Speaker:** Healthwatch Bristol, *Tell Us Your Story – Age, health and wellbeing*, Ellen Devine, Project Coordinator

Signed (Chair):

Date:

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